



Nottinghamshire
Carers
Association

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Carer-friendly
Practice

Carers Pledge

A carer is someone of any age who provides unpaid support to family or friends who cannot manage without this help due to illness, disability, mental ill-health or a substance misuse problem. Carers are the largest source of care and support in each area of the UK. There are currently **13.6 million Carers** living in the United Kingdom, with up to **92,000 Carers living in Nottinghamshire**.

Our Challenge

We want GP practices across Mid and South Nottinghamshire to sign up to the Carers Pledge. This means that all Carers registered with those practices can access advice and support easily, be recognised and listened to by health and social care professionals.

The Pledge will ensure Carers feel valued and supported in their caring role.

Your Pledge

- We will provide quality, accessible and up-to-date information for Carers
- We will continually evaluate and improve the way Carers are identified, supported and signposted
- We will appoint a Carers Champion who will identify and promote Carer Support Services
- We will actively look for Carers

In return, Nottinghamshire Carers Association will:

- Provide up-to-date information and resources for Carers
- Offer staff training and Carer awareness sessions
- Support Carers Champions within their roles
- Help you to achieve and retain the Carer Friendly Quality Mark

Name

Practice

Date